



# 12. Kristall-Marathon

Merkers / 18.02.2018

## Detailed evaluation

**PFAHLBUSCH, Elfi**

Club: Sportshop-Triathlon Team

Number: 749

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:24:18

Speed: 9.15 km/h

Running performance: 6:20 min/km

Rank in course/Total: 183 (of 261)

Rank in course/Women: 21 (of 46)

Best time in course: 1:46:29

Rank in category: 3(of 6)

Best time in the category: 2:01:31

### Intermediate times

### Stage score

### Total ranking

| Control         | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score |              | Total    |            | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
|-----------------|----------|------------|--------------|----------|-------------|-------------|--------------|----------|------------|--------------|----------|-------------|-----------|--------------|
|                 |          |            |              |          |             | Pos Women   | Behind Women | Total km | Total Time |              |          |             |           |              |
| Lap 1           | 3.25     | 20:13      | 6:13         | 3        | 4:26        | 29          | 7:02         | 3.25     | 20:13      | 6:13         | 3        | 4:26        | 29        | 7:02         |
| Lap 2           | 3.25     | 19:58      | 6:08         | 3        | 2:53        | 21          | 5:46         | 6.50     | 40:11      | 6:10         | 3        | 7:19        | 24        | 12:48        |
| Lap 3           | 3.25     | 19:30      | 6:00         | 3        | 2:06        | 19          | 4:37         | 9.75     | 59:41      | 6:07         | 3        | 9:25        | 21        | 17:25        |
| Lap 4           | 3.25     | 19:42      | 6:03         | 2        | 2:10        | 17          | 4:26         | 13.00    | 1:19:23    | 6:06         | 3        | 11:35       | 21        | 21:51        |
| Lap 5           | 3.25     | 20:36      | 6:20         | 3        | 3:00        | 19          | 4:51         | 16.25    | 1:39:59    | 6:09         | 3        | 14:35       | 21        | 26:34        |
| Lap 6           | 3.25     | 21:57      | 6:45         | 3        | 4:01        | 26          | 5:50         | 19.50    | 2:01:56    | 6:15         | 3        | 18:36       | 21        | 31:52        |
| Last lap Finish | 3.25     | 22:22      | 6:52         | 3        | 4:11        | 26          | 6:47         | 22.75    | 2:24:18    | 6:20         | 3        | 22:47       | 21        | 37:49        |